



Patient Care Services  
300 Pasteur Drive  
Stanford, CA 94305

## **Caregiver Resources Stanford Social Work Oncology Patient Caregiver Information**

### **Books:**

- **A Family Caregiver Speaks Up: It Doesn't Have to Be This Hard"** (2007)  
by Suzanne Mintz, President and Co-Founder National Family Caregivers Association
- **Chicken Soup For The Caregiver's Soul: Stories to inspire caregivers in the Home, Community and the World** (2004)  
by Jack Canfield, Mark Victor Hanson & LeAnn Thiemann
- **The Human Side of Cancer: Living with Hope, Coping with Uncertainty** (2001)  
by Jimmie C. Holland, MD of Memorial Sloan-Kettering Cancer Center and Sheldon Lewis
- **A Husband, A Wife, & An Illness: Living Life Beyond Chronic Illness** (2008)  
By Dr. William July and Jamey Lacy July
- **Passages in Caregiving: Turning Chaos into Confidence** (2010)  
by Gail Sheehy
- **The Selfish Pig's Guide to Caring: how to cope with the emotional and practical aspects of caring for someone.** (2009)  
by Hugh Marriot
- **When the Man You Love Is Ill: Doing Your Best for Your Partner Without Losing Yourself** (2007)  
by Doree Lynn and Florence Isaacs
- **Mainstay: For the Well Spouse of the Chronically Ill** (1997)  
by Maggie Strong
- **The Tough & Tender Caregiver: A Handbook for the Well Spouse** (2009)  
by David Travland, PhD, and Rhonda Travland
- **Caring for the Patient with Cancer at Home: A Guide for Patients and Families**  
Available for free online through the American Cancer Society (1-800-227-2345)  
<http://www.cancer.org/acs/groups/cid/documents/webcontent/002818-pdf.pdf>  
Free copies also available at Stanford Health Library - Cancer Center Branch (875 Blake Wylbur)

### **Websites/Organizations:**

**National Alliance for Caregiving** offers reports on caregiving and caregiving products, including articles, tips on caregiving and links to caregiving resources such as books, videos, and other multimedia.

<http://www.caregiving.org/>

- **National Family Caregivers Association** is an organization for family caregivers that provide advisory services, Rx assistance, as well as newsletters on relevant caregiving topics. (800) 896-3650  
<http://www.nfca.org/>
- **Empowering Caregivers** is an organization for family caregivers, especially caregivers of the elderly. The group offers online and in person support groups, referrals for counseling and respite care, lectures, programs and seminars, as well as monthly publications. <http://www.care-givers.com/index.html>
- **Well Spouse Foundation** is a national group for husbands, wives, and partners of chronically ill patients. They host discussion groups, publish newsletters and organize conferences, lectures, and outings for caregivers across the U.S. and Canada. (800) 838-0879. <http://www.wellspouse.org/>
- **Stupid Cancer: Caregiver Forums** provides an online blog specifically for caregivers for young adults with cancer. <http://forums.stupidcancer.com/forumdisplay.php?3-Caregivers>
- **Imerman Angels** is a non-profit organization that offers 1:1 peer support for both cancer fighters and their caregivers. The organization strives to match people with others who are uniquely familiar with their experience.  
[www.imermanangels.org](http://www.imermanangels.org)
- **National Respite Locator Service** helps parents, caregivers, and professionals locate respite services and resources in their state and local area.  
<http://archrespite.org/respitelocator>
- **The Cancer Support Community** is a national organization that provides support groups, education workshops, classes focused on stress reduction, and social events. 1-888-793-9355  
[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)
- **Lotsa Helping Hands** provides a free way for patients and families to design a private group calendar where friends and family members can sign up to help with meal delivery, rides, and other tasks.  
[www.lotsahelpinghands.com/](http://www.lotsahelpinghands.com/)

### Groups in the Bay Area:

- **Stanford Cancer Supportive Care Program - Caregiver Workshop.** The caregiver workshop is a skills-based class designed to provide support, education, and resource materials to caregivers. Contact **650-725-9456** for registration and information on dates and times.  
[http://cancer.stanford.edu/patient\\_care/amenities/cancerPatientServices/supportiveCareServices/](http://cancer.stanford.edu/patient_care/amenities/cancerPatientServices/supportiveCareServices/)

### Other Resources:

- **Stanford Health Library** - Provides free customized research on medical conditions, treatment, and support resources. The library collection includes information for both caregivers and patients. Located on the first floor of Stanford Cancer Center, across from the café. Open Monday – Friday from 9 am to 5 pm. **650-736-1713.**